

## **Abstract**

### **Objective:**

Uncontrolled hypertension is one of the fastest-growing problems among older adults ages 65 and older in the United States, particularly those living in rural areas. This evidence-based practice project aims to increase access to healthcare using telehealth and provide education on prevention and management of hypertension and decrease the rate of hypertension in older adult patients in a rural setting.

### **Methods:**

This project utilized an eight-week evidence-based hypertension education program. Educational sessions were given through telemedicine every two weeks. Three surveys were utilized using a pretest-posttest design. Medication adherence, patient satisfaction, and patients' access to care were all assessed to indicate if the educational sessions were beneficial to the participants.

### **Results:**

Thirty-two participants were enrolled and met our criteria. Statistically, significant improvement was met with patient satisfaction and patient feeling of better access to care. There were no statistically significant findings in medication adherence. However, we did see a marked improvement in most of the categories on the survey. Overall, the participants had good attendance and overall acceptability of the pilot study.

### **Conclusion:**

The pilot study demonstrated that in areas where access to care for education may not be attainable, using telemedicine can be beneficial for this population to improve care and satisfaction among patients with hypertension.

### **Key Words:**

Hypertension, Telemedicine, Rural, Education, Older Adults